

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
BBRP Steffi G. 10:00	Zumba Irma Sabin B. 10:00	Kraftfit Tanja N. 10:00	Complete Body Workout Katrin N. 10:00	BBRP Claudia M.-F. 10:00	Bodyfit Alexander P. Cathrin G. 10:00	Complete Body Workout Jochen T. Sabine S. 10:00
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Kraftfit Julija B. 11:30	Best Age Fitness Heike O. 11:30	Step Simple Xenia T. 11:30	Faszio Birte R. 11:30	Complete Body Workout Bentje J. 11:30	deepWORK™ Shafagh D. 11:30	ZUMBA® fitness Nicole A. 11:30
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Complete Body Workout Marianela G.d.F. 13:00	Kraftfit Tanja N. 13:00	Bodyfit Julija B. 13:00		Kraftfit Julija B. 13:00	Step Advanced Witti P. 13:00	BBRP Ariane W./ Vanessa B. 13:00
Pause	Pause	Pause	Pause	Pause	Pause	Pause
BBRP Hatice G. 14:30	Complete Body Workout Steffi G. 14:30	Kindertanz/Ballett Paola O. 14:30	BBRP Alana F. 14:30	Step Fatburner Marcus K. 14:30	Fit Fight Victoria J. 14:30	Step Fatburner Jan P.-G. 14:30
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Complete Body Workout Eva P. 16:00	Step Fatburner Nuriye D. 16:00	deepWORK™ Janina D. 16:00	Kraftfit Annika S. 16:00	Complete Body Workout Heloise M. 16:00	Kraftfit Hanna L. Tanja T. 16:00	Kraftfit Silvia O. Angelina E. 16:00
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Step Simple Carmen F. 17:30	Tanztechnik Latein Mike W. 17:30	ZUMBA® fitness Mohammed D. 17:30	Pilates Astrid B. 17:30	Kraftfit Randy M. 17:30	ZUMBA® fitness Ulrike H. Celeste C. 17:30	Salsa 1 Einzeltänzer Anna J. Rene Z. 17:30
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Complete Body Workout Beate B.-E. 19:00	Salsation Palmina R. 19:00	Kraftfit Marcus K. 19:00	Tango Argentino Einzeltänzer Sonja B. Holger R. 19:00	Jazz Dance Katrin P.-B. 19:00	<h1>Gym 1</h1>	Kizomba Einzeltänzer Anna J. Rene Z. 19:30
Pause	Pause	Pause	Pause	Pause		Pause
Salsa Suelta Einzeltänzer Silke W. Antonio G. 21:00		ggf. Bauchtanz 21:00 1 Kurs bei	Swing (Lindy hop) Einzeltänzer Sonja B. Holger R. 21:00			

● Angebot sehr gut besucht

sportspaß-Center Berliner Tor

Stand J1

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Faszio Leila M. 11:15	Yin Yoga Sigrid J. 11:15		Vinyasa Flow Yoga Felicia J. 11:15	Hatha Yoga Sabine J. 11:15	Stretch&Relax N.N. / Elham H. 11:15	Power Yoga Eva B. 11:15
Pause	Pause		Pause	Pause	Pause	Pause
Rücken Balance Gabriele P. 12:45	Power Yoga Petra H. 12:45	Power Yoga Anni P. 12:45	Kundalini Yoga Amrit N. 12:45	Tai Chi Ralf M. 12:45	Hatha Yoga Sabine J. 12:45	Stretch&Relax Dorothea S. Hassan N. 12:45
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Gymnastik Claudia Sch. 14:15		Feldenkrais Ulrike Sch. 14:15		Power Yoga Jessica F. 14:15		
Pause	Pause	Pause	Pause	Pause	Pause	Pause
						ZUMBA® fitness Christian P. 15:45
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Yoga Eva B. 17:15	Rücken Power Jessica N. 17:15	Faszio Hilke O. 17:15		Rücken Power Felicia J. 17:15	Feldenkrais Ulrike Sch. Ruth G. 17:15	Rücken Balance Frank P. Saskia v.D. 17:15
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Tai Chi Volker Sch. 18:45	Hatha Yoga Holger P. 18:45	Yin Yoga Harald Z. 18:45	Bodyfit Sabine M. 18:45	Kundalini Yoga Marianela G.d.B. 18:45	Power Yoga Hela H. Sanae D. 18:45	Hatha Yoga Olaf G. 18:45
Pause	Pause	Pause	Pause			
Hatha Yoga Holger P. 20:15	Qi Gong Gundel Sch. 20:15	Rücken Balance Kirsten C. 20:15	BBRP Szilvia A. 20:15		Gym 2	

● Angebot sehr gut besucht

sportspaß-Center Berliner Tor

Stand Ju

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Pilates Leila M. 10:15	Kundalini-Yoga Sigrid J. 10:15	NIA Melanie N. 10:15	Pilates Felicia J. 10:15	Hatha Yoga Sabine J. 10:15	Pilates N.N./ Elham H. 10:15	Hatha Yoga Eva B. 10:15
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Hatha Yoga Gabriele P. 11:45	Pilates Petra H. 11:45	Hatha Yoga Anni P. 11:45	Kundalini Yoga Amrit N. 11:45	Qi Gong Ralf M. 11:45	Yogalates Sabine J. 11:45	Taekwondo Dorothea S. Hassan N. 11:45
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Soft-Fitness Claudia Sch. 13:15		Feldenkrais Ulrike Sch. 13:15		Power Yoga Jessica F. 13:15		
Pause	Pause	Pause	Pause	Pause	Pause	Pause
	Karate Kids Martin P. 14:45					ZUMBA® Gold Christian P. 14:45
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Pilates Eva B. 16:15	Pilates Carolyn C. 16:15		Salsa Dance Rene Z. 16:15	Pilates Felicia J. 16:15	Feldenkrais Ulrike S. Ruth G. 16:15	Rücken Power Frank P. Saskia v.D. 16:15
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Tai Chi Volker Sch. 17:45	Hatha Yoga Holger P. 17:45	Pilates Harald Z. 17:45	Step Simple Sabine M. 17:45	Kundalini Yoga Marianela G.d.B. 17:45	Hatha Yoga Sanae D. Hela H. 17:45	Hatha Yoga Olaf G. 17:45
Pause	Pause	Pause	Pause	Pause	<h1>Gym 3</h1>	
Hatha Yoga Holger P. 19:15	Qi Gong Gundel Sch. 19:15	Vinyasa Flow Yoga Kirsten C. 19:15	Fatburner Szilvia A. 19:15	Hip Hop Agata W. 19:15		
Pause			Pause	Pause		
Fit Fight Justyna K. 20:45			Kizomba Ladies/Men Style Einzeltänzer Victoria W. Andreas E. 20:45			

● Angebot sehr gut besucht

sportspaß-Center Berliner Tor

Stand Ju

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Bodyfit Steffi G. 11:00	STRONG by ZUMBA® Irma Sabin B. 11:00	Complete Body Workout Tanja N. 11:00	Fatburner Katrin N. 11:00	Fit Fight Claudia M.-F. 11:00	Tough Class Alexandra P. Cathrin G. 11:00	Fatburner Jochen T. Sabine S. 11:00
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Fatburner Julija B. 12:30		BBRP Xenia T. 12:30	Rücken Balance Birte R. 12:30	Fatburner Bentje J. 12:30	BBRP Shafagh D. 12:30	ZUMBA® fitness Hatice G. 12:30
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Pilates Marianela G.d.E 14:00	BBRP Tanja N. 14:00	Fatburner Julija B 14:00		Bodyfit Julija B. 14:00	Complete Body Workout Witti P. 14:00	Dance n Fitness Vanessa B. Ariane W. 14:00
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Zumba Hatice G. 15:30	Bodyfit Steffi G. 15:30	Kindertanz/Ballett Paola O. 15:30	Fit Fight Alana F. 15:30	BBRP Marcus K. 15:30	Bodyfit Victoria J. 15:30	Complete Body Workout Jan P.-G. 15:30
Pause	Pause	Pause	Pause	Pause	Pause	Pause
Bodyfit Eva P. 17:00	BBRP Nuriye D. 17:00	Bodyfit Janina D. 17:00	Complete Body Workout Annika S. 17:00	Fatburner Heloïse M. 17:00	BBRP Hanna L. Tanja T. 17:00	BBRP Silvia Ö. Angelina E. 17:00
Pause	Pause	Pause	Pause	Pause	<h1>Gym 4</h1>	Pause
BBRP Carmen F. 18:30	Tanztechnik Standard Mike W. 18:30	Salsa Dance Mohammed D. 18:30		Fit Fight Randy M. 18:30		Salsa 2 Einzeltänzer Anna J. Rene Z. 18:30
Pause	Pause	Pause	Pause	Pause		
Salsa & Bachata 2 für Paare (gl. Haushalt) Silke W. Antonio G. 20:00	Taekwondo Hasan N. 20:00	BBRP Marcus K. 20:00	Tango Argentino Paare (gl. Haushalt) Sonja B. Holger R. 20:00	Ballett für Erwachsene Katrin P.-B. 20:00		

● Angebot sehr gut besucht

sportspaß-Center Berliner Tor

Stand Ju

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag		
10:30	Mama Fitness	Faszio	Inline Skaten	Best Age Fitness	Zumba	Inline Skaten	Inline Hockey	10:30	
11:00	Alice O. 10:30 - 11:20	Heike O. 10:30 - 11:20		Anna G. 10:30 - 11:20	Carla B. 10:30 - 11:20			11:00	
11:30	Pause	Pause	Markus K. 10:30 - 11:50	Pause	Pause	Darja K. 10:30-11:50	Markus K. 10:30-11:50	11:30	
12:00	ZUMBA® fitness	Badminton	Pause	Badminton/Doppel	Badminton/Doppel	Pause	Pause	12:00	
12:30	Susanne W. 12:00-12:50		Badminton			Badminton	Badminton	12:30	
13:00	Pause	Altug Ü. 12:00-13:20		Ralf T. 12:00 - 13:20	Altug Ü. 12:00 - 13:20			13:00	
13:30		Pause	Kayo H. 12:45 - 14:05	Pause	Pause	Jens B. 12:30-13:50 Björn E. 13:50	Jens B. 12:30-13:50 Björn E. 13:50	13:30	
14:00			Pause			Pause	Pause	14:00	
14:30	Abenteuer Bewegung Parkour 2 - 6 Jahre	Inline Kids	Badminton Kids		Fußball 8-12 Jahre	Line Dance		14:30	
15:00		Svetlana W. 14:30-15:20		Fußball 5-8 Jahre				15:00	
15:30	Torsten S. 14:30 - 15:50	Pause	Torsten S. 14:30 - 15:50		Stella R. 15:00 - 15:50	Janetta B. 14:30-15:50	Pause	15:30	
16:00	Pause	Volleyball	Pause	Wolfgang P. 15:00-16:30 Daniel J. 16:30	Pause	Pause		16:00	
16:30	Badminton		Rücken Power	Pause	Tough Class		Tough Class	16:30	
17:00		N.N. 16:00 - 17:20	Gundi D. 16:30 - 17:20	Abenteuer Bew. bis 10 Jahre				17:00	
17:30		Pause	Pause	Anna G. 17:00 - 17:50	Patrick S. 16:30 - 17:50	Volleyball	Melanie S. 16:00 - 17:30 Mustapha B. 17:30	17:30	
18:00	Torsten S. 16:30-18:30	Tough Class	Tough Class	Pause	Pause		Pause	18:00	
18:30	Pause			Tough Class	Badminton	Martin M. 17:00 - 18:30		18:30	
19:00		Izzet P. 18:00-19:20	Agatha W. 18:00 - 19:20			Pause		19:00	
19:30		Pause	Pause	Mustapha B. 18:30 - 19:50	Haci B. 18:30 - 19:50		Volleyball	19:30	
20:00	Inline Skaten	Badminton	Inline Hockey	Pause	Pause	<h1>Halle</h1>		20:00	
20:30				Badminton	Inline Skaten		Martin M. 19:00 - 20:30	20:30	
21:00	Jan G. 19:15-21:15						Pause		21:00
21:30	Pause	Horst V. 20:00 - 21:30	Markus K. 20:00 - 21:30	Dieter K. 20:30 - 21:50	Markus K. 20:30 - 21:50				21:30

● Angebot sehr gut besucht

sportspaß-Center Berliner Tor

Stand Juli 2020